

For more information or any questions, please call 413-587-1228

June 2014

All events are held at the Northampton Senior Center 67 Conz St. unless otherwise noted.

**Annual Ceil Goral Tag Sale
Saturday, June 14
9:00 - 2:00**

**Still Life: Color, Acrylic Painting
Tuesday, June 17
1:00 pm**

**20th Annual Party in the Park
Wednesday, June 4
11:30 - 1:30**

**Mass Mutual Retire Confidently Income Seminar
June 18 at 6:30 pm**

**Shred Day Fundraiser
Saturday, June 21
9:00 - 12:00**

**Ice Cream Social
Tuesday, July 8
1:30 - 2:30**

Tuesdays
Wednesdays

9:30-10:45am
9:00 - 10:00 am

Thursdays
Fridays
Fridays

1:30-3:30pm
1:00-2:30pm
1:00 - 3:00pm

Cup of Conversation: Enjoy conversation and a complimentary cup of coffee or tea
No Cost Breakfast Outreach Program: All Northampton seniors over 60, are welcome to join us for this new and nutritious breakfast program. Be sure to use your Senior Center scan card.

BINGO: .50 cents a card with cash prizes. Special Games Played.

Senior Gay Men Drop-In Group: No fee, no registration. Walk-ins welcome.

SHINE: Counseling, Medicare and Medicaid. By Appointment only.

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

Mon. June 2 - June 30 8:15 - 4:00
Mon. June 2,16, 23 12:15 pm

Art Exhibit: Sheila Townsend displays her various forms of art work. Come view this wonderful exhibit

Massage Clinic: A Clothes on massage for seniors and caregivers. By appointment only. Fee \$20.00 for Northampton Seniors and \$25.00 for non-residents and seniors 55-59. Call 413-587-1228

Tues. June 3 10:00 - 12:00

Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors

Tues. June 3 10:00 -12:00
Wed. June 4,11,18,25 9:00-10:00 am

PVTA Photo ID : For disabled and senior citizens with documentation. Fee \$1.00

No Cost Breakfast Program: All Northampton seniors over 60 are welcome to join us for this nutritious breakfast program. Offered in conjunction with the Massachusetts Department of Elder Affairs and Highland Valley Elder Services. Be sure to have your Senior Center scan card. Please register at reception.

Wed. June 4 11:30 - 1:00 pm

20th Annual Party in the Park - Join in the celebration for Northampton Centenarians, those over 100 years of age and other seniors in a celebration. Food, entertainment, door prizes and fun! Tickets are \$8. In advance and \$10. the day of the event.

Wed. June 4,25 1:30 pm
Wed. June 4,11,18,25 5:30 pm

Veteran's Benefits Appointments: Assistance with Veteran's benefits with Paul Neville.

Wednesday evening programming: Sign up for Yoga, tap and **Fitness Center is open for Wednesday evening memberships** along with the games room and computer room. Come on in!

Nutritional Outreach Program pick up - Must be a participant in this program.

Fri. June 6,20 10:30 am
Fri. June 6 1:30 pm

Photography Club Premier meeting - Come meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues is \$5./yr for residents \$10./yr non-residents.

Mon. June 9 10:00-12:00

Men's Day Celebration - Northampton Senior Men 60 years and older. "Hamburgers and Haircuts" - Sign up early due to a limited amount of haircuts. The cost is \$2.00/pp

Tues. June 10, 17, 24 10:00 am

Writing Your Life Story Workshop: This workshop is meant to inspire you to write your life story, so that your children, grandchildren and succeeding generations will be allowed to know the real you. Your feelings and aspirations, your successes and defeats, your joys and sadness and the untold memories you have stored away. Content is the goal, not literary excellence or grammatical correctness. \$8 for Northampton seniors. \$10 for non-residents and 55-59.

Thurs. June 12 10:00 am

Brown Bag: Eligible participants **MUST pick up their bags by 11:00 am.** Bags cannot be held. Call the Food Bank at 413-247-9738 for applications and information.

Thurs. June 12 1:30 pm
Sat. June 14 9:00-2:00

NCOA Board Meeting: Public invited.

Annual Ceil Goral Tag Sale - Come browse and see what treasures you can find. Donations being accepted for the tag sale. Call 413-587-1228 or see reception for more details.

Mon. June 16 1:30 pm

Monday Movie - "Saving Mr. Banks" with Tom Hanks - Free to seniors 55 years and older. Donations always welcome.

Tues. June 17, 24 1:00 pm

Still Life: Color, Acrylic Painting - An acrylic painting class suitable for all skill levels, including beginners. A series of five classes offer a combination of painting time and art history slideshows as a reference point for painting and discussion. \$30 Northampton seniors. \$40 non-residents and 55-59. There is also a \$10 materials fee payable to the instructor at the first class.

Tues. June 17 5:00 pm
Wed. June 18 9:30 am
Wed. June 18 6:30 pm

Commission on Disability Meeting: Public Invited.

Foot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00

Mass Mutual Retire Confidently Income Seminar - It doesn't matter how old you are or what stage of life you're in, planning for your retirement income needs today can increase your confidence in the future. Start building your confidence by attending a MassMutual Retire Confidently Income Seminar. It's free, educational and there is no obligation. A representative will address important topics such as: challenges that can derail a retirement plan, planning for growth, access, and predictable income, converting assets into income and making your money last. Refreshments will be provided.

Sat. June 21 9:00-12:00

Annual Shred Day Fundraiser - Valley Green Shredding will be on-site to shred documents for a cost of \$5.00 per box/bag. This is an annual fundraiser that helps to support the efforts of the Senior Center. No paper clips, metal binders, etc. are accepted. Hope to see you there!

Sat. June 21 10:00 am

Dedication of Meditation Garden - Join the Netto family and NCOA for the dedication of the Meditation Garden in memory of Frank and Mary Netto

Mon. June 23 10:00-12:00

Garden Painting Event - Join us for a fun time learning how to paint a beautiful garden gate. Local artists are here to help. Call the Senior Center at 413-587-1228 or see reception to register.

Thurs. June 26 10:00 am

Dementia Education & Support "Connections" - Come and learn about dementia.

Donations for the Annual Ceil Goral Tag Sale are now being accepted. We are looking for gently used items such as household items, small pieces of furniture, small appliances that work, jewelry, gardening items, linens, children's toys and collectibles. Sorry but we do not accept books, clothing or large appliances. For more information please call 587-1232 or 587-1231

Here are some of the events scheduled for 2014.

Ice Cream Social - Tuesday, July 8

Veteran's Day Event - Monday, November 10

Holidays Craft Festival & Sale - Saturday, November 22

Holiday Dinner - Sunday, December 7

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

June 2014

website: www.northamptonma.gov/713/Council-on-Aging

**For more information
please call
413-587-1228**

Monday June 2

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday June 3

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Blood Pressure Clinic
10:00 PVTa Photo IDs
10:00 Tai Chi
10:00 PC one-on-one
12:30 Sewing Workshop

Wednesday June 4

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:00 Digital Photography
10:00 PC one-on-one
10:30 Low impact 2
11:30 20th ANNUAL PARTY in THE PARK
12:15 Veteran's Benefits Services
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Overlook
2:45 Feldenkrais
5:45 Beginner Tap
6:00 Evening Yoga

Thursday June 5

8:45 Strengthening & Stretching
10:00 PC one-on-one
10:00 Wisdom Project
10:15 Gentle Chair Yoga
11:30 3rd year tap
12:30 2nd year tap
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

Friday June 6

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Healthy Lifestyles Discussion Group
10:00 PC one-on-one
10:00 SNAP: By appointment only
10:30 Nutritional Outreach Program
10:30 Low impact 2
12:30 SHINE-By appointment only
12:30 Bowling at Canal Lanes
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Photography Club
2:45 Friday Yoga

Monday June 9

8:20 Dynamic Fitness DVD
9:00 Men's Day Event: Please

register in advance

9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday June 10

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Writing Your Life Story
10:00 Tai Chi
10:00 PC one-on-one
12:30 Sewing Workshop

Wednesday June 11

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:00 Digital Photography
10:00 PC one-on-one
10:30 Low impact 2
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Golden Moments
2:45 Feldenkrais
5:45 Beginner Tap
6:00 Evening Yoga

Thursday June 12

8:45 Strengthening & Stretching
10:00 Brown Bag
10:00 PC one-on-one
10:00 Wisdom Project
10:15 Gentle Chair Yoga
11:30 3rd year tap
12:30 2nd year tap
1:00 Mahjongg
1:00 Readers & Thinkers
1:30 NCOA Board Meeting
1:30 Intermediate Tap
1:30 BINGO

Friday June 13

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Healthy Lifestyles Discussion Group
10:00 PC one-on-one
10:30 Low impact 2
12:30 Bowling at Canal Lanes
12:30 SHINE-call for appt
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group

Saturday June 14

9:00 Annual Ceil Goral Tag Sale

Monday June 16

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

1:30 Monday Movie "Saving Mr. Banks"

Tuesday June 17

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Writing Your Life Story
10:00 Tai Chi
10:00 Walking Group
10:00 PC one-on-one
1:00 Still Life: Color; Acrylic Painting
5:00 Commission on Disability

Wednesday June 18

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
9:30 Foot Care Clinic
10:00 Digital Photography
10:00 PC one-on-one
10:30 Low impact 2
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Lathrop
5:45 Beginner Tap
6:30 MassMutual Retire Confidently Income Seminar

Thursday June 19

8:45 Strengthening & Stretching
10:00 PC one-on-one
10:00 Wisdom Project
10:00 Walking Group
10:15 Gentle Chair Yoga
11:30 3rd year tap
12:30 2nd year tap
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

Friday June 20

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP-by appt only
10:00 Healthy Lifestyles Discussion Group
10:00 PC one-on-one
10:30 Nutritional Outreach Program
10:30 Low impact 2
12:30 Bowling at Canal Lanes
12:30 SHINE- By appointment only
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group

Saturday June 21

9:00 Annual Shred Day Fundraiser
10:00 Meditation Garden Dedication

Monday June 23

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Garden Gate Painting Event

10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday June 24

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Writing Your Life Story
10:00 Tai Chi
10:00 Walking Group
10:00 PC one-on-one
1:00 Still Life: Color; Acrylic Painting

Wednesday June 25

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:00 PC one-on-one
10:30 Low impact 2
12:15 Veterans Benefits Services
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
5:45 Beginner Tap
6:00 Evening Yoga

Thursday June 26

8:45 Strengthening & Stretching
10:00 Connections-Dementia Education & Support
10:00 PC one-on-one
10:00 Wisdom Project
10:00 Walking Group
11:30 3rd year tap
12:30 2nd year tap
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

Friday June 27

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Healthy Lifestyles Discussion Group
10:00 PC one-on-one
10:30 Low impact 2
12:30 Bowling at Canal Lanes
12:30 SHINE-By appointment only
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group

Monday June 30

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Remember Scan cards are required for all programs, activities and services at the Senior Center.